



# Tools For Action

A sample of physical education initiatives in Wisconsin

## Canoeing

### Contact Information

<b>Main Contact Person</b>
Susan L. Damske
<b>Title of Main Contact</b>
Physical Education Instructor
<b>School Name</b>
Minocqua- Hazelhurst -Lake Tomahawk Elementary School
<b>School District Name</b>
M-H-LT Elementary Joint School District No. 1
<b>Contact Phone Number</b>
715-356-5206 Ext. 172
<b>Contact Email Address</b>
sdamske@mhlt.org

### Program Information

<b>Program Name</b>
canoeing
<b>Program Category</b>
lifetime activity
<b>Grade Level</b>
Elementary School (K-2); Elementary School (3-5); Middle School (6-8)
<b>Assessment Method</b>
No formal assessment; Impact on behavior (increase in active minutes or miles walked); Participation rates (number of students involved); Impact on knowledge and or attitudes (test scores)

### Program Information

#### Products Developed or Materials Used:

#### Program Description:

We teach a canoeing unit to our 6th graders in the fall. We watch a video on equipment, paddling techniques, getting in and out, carrying, loading, and unloading. We do dry land practice. We plan a one-day canoe trip on the Tomahawk River (rent canoes from an area canoe outfitter). We stop half way for lunch and canoe races.

For information on other **Physical Education Best Practices**, visit the website at:

<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at [jon.hisgen@dpi.state.wi.us](mailto:jon.hisgen@dpi.state.wi.us)

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:

<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at [brian.weaver@dpi.state.wi.us](mailto:brian.weaver@dpi.state.wi.us)

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

or contact staff at: <http://dhfs.wisconsin.gov/health/physicalactivity/>  
[Meineam@dhfs.state.wi.us](mailto:Meineam@dhfs.state.wi.us) (Amy Meinen, Nutrition Coordinator)  
[Morgajg@dhfs.state.wi.us](mailto:Morgajg@dhfs.state.wi.us) (Jon Morgan, Physical Activity Coordinator)  
[Pesikme@dhfs.state.wi.us](mailto:Pesikme@dhfs.state.wi.us) (Mary Pesik, Program and Grant Coordinator)